

Daily Schedule (grid-render-v1)

Date	Task	Duration	Time
Today	Wake up, get ready	1h	07:00
Today	Classes	5h30m	08:30
Today	Travel to Football Training	30m	14:00
Today	Football Training: Strength & Conditioning	1h30m	14:30
Today	Football Training: Ball Drills & Technique	1h	16:00
Today	Break/Snack	30m	17:00
Today	Football Training: Tactical Work/Scrimmage	1h	17:30
Today	Travel home	30m	18:30
Today	Dinner	30m	19:00
Today	Review notes/Study	1h	19:30
Today	Relax/Personal Time	1h30m	20:30
Today	Sleep	8h	22:00